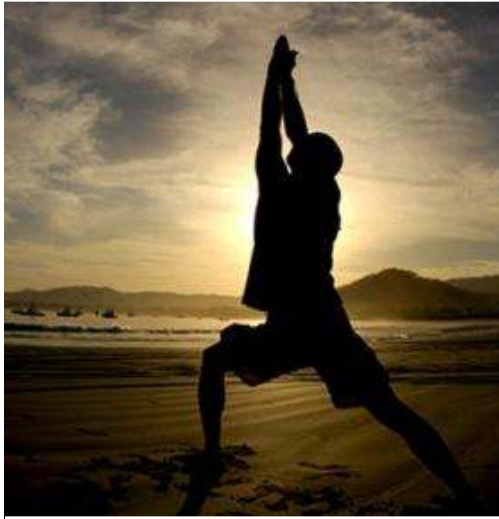


YOGA

Therapeutic Renewal



TJ leads her yoga classes from a perspective of wellness, wholeness, seeking to nurture and integrate body, mind and spirit. Each class is a complete, well rounded practice and will benefit anyone who wants a safe and gentle yoga class, or is new to yoga. These yoga classes are also suitable for those who have chronic conditions, chronic pain or are recovering from illness or injury.

TJ is a Registered Yoga Teacher 500 hr, a certified Integrative Yoga Therapist, a Registered Thai Therapist, a Reiki Master and has been a yoga teacher for the Pink Ribbon Yoga Retreats since their beginning in 2005.

Resident: \$80 Non-resident: \$90

9:30 - 11:00 am

March 8th, 2011 to April 26th, 2011

Bar Code: 104497

May 10th, 2011 to June 28th, 2011

Bar Code; 108482

July 12th, 2011 to August 30th, 2011

Bar Code: 108501

Register at Lake Johnson or online at parks.raleighnc.gov
For more information, contact Lake Johnson Park at (919) 233-2121